

# Exercises following total hip replacement

Information and advice for patients following a total hip replacement

## Physiotherapy Department

In order to get the best outcome following your total hip replacement it is important that you follow the advice and exercise programme given to you by a member of the therapy team. A therapist will help you with your exercises and mobility but it is your responsibility to continue with them independently while in hospital and at home.

### What are the benefits of the exercises?

These exercises will help you improve and maintain good muscle strength and movement. They will help reduce pain after your operation and reduce post-operative complications. In order to get the best result from your total hip replacement you will need to be committed to doing your exercises.

### What are the risks of the exercises?

There are no risks to performing the exercises but you may feel slight discomfort in your hip whilst performing them; this is normal.

### What are the risks of not doing the exercises?

If you do not perform the exercises regularly, you may experience stiffness and loss of movement in your hip. You may also not see any improvement in hip pain or function after the operation.

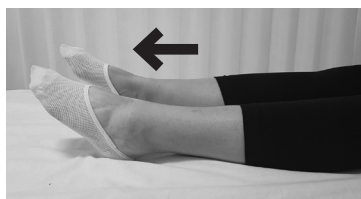
### Are there any alternatives to these exercises?

There are no alternatives to these exercises that will help you maintain good muscle strength, movement and help you regain function in your operated hip.

### How to perform the exercises

Try to repeat each exercise 10 times every hour for the first 2 weeks and then 3 times a day for the following 6 weeks.

#### Ankle Pumps



1. This can be performed in a chair or bed.
2. Move your foot up and down as far as it will go.
3. This will help to improve your circulation.

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### Static Gluteals



1. Sitting or lying, squeeze your buttocks
2. Hold this for 5-10 seconds
3. Relax

### Static Quadriceps



1. Sit or lie with your operated leg straight.
2. Tighten your thigh muscle and push your knee into the bed.
3. Hold this for 5-10 seconds
4. Relax

### Hip Abduction in Lying



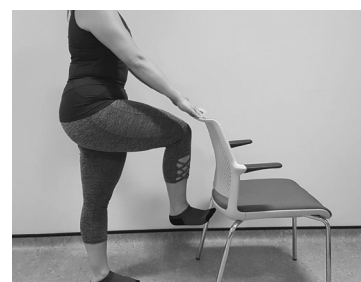
1. In lying with your operated leg out straight.
2. Move the operated leg out to the side as far as possible.
3. Return to starting position. DO NOT cross midline.

### Hip Flexion in Lying



1. In lying with your operated leg straight to start.
2. Bend your knee by sliding your foot towards your bottom- do not bend past 90 degrees.

### Hip Flexion in standing



1. In standing with your back straight.
2. Lift your operated leg, bending your knee as you do – do not go past 90 degrees.
3. Slowly lower leg down back to resting position.

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### Hip Abduction in standing



1. In standing keep your operated leg straight.
2. Move your leg out to the side as far as possible.
3. Slowly return to the starting position.

### Hip Extension in standing



1. In standing keep your operated leg straight.
2. Keep your back straight during this exercise.
3. Move your operated leg behind you as far as possible.
4. Slowly return to starting position.

## Stairs Advice

### Going Up

1. Non-operated leg
2. Operated leg
3. Crutch or stick

### Going Down

1. Crutch or stick
2. Operated leg
3. Non-operated leg

Hip precautions to follow three months post-op or as per consultant advice;

1. No bending more than 90 degrees at your hip i.e. bending forwards or knee above hip
2. No twisting
3. No crossing the legs

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### Lower half dressing advice

It is advised that you follow these instructions to assist you in dressing. (This will minimise your risk of a dislocation.)

1. Use your helping hand.
2. Put your operated leg straight out in front.
3. Always dress your operated leg first, then the non-operated leg.
4. Use the helping hand to move your clothes up above your knees.
5. Now stand to pull your clothes up.

When removing clothes, take your non-operated leg out first.

Use your long handed shoe horn when putting shoes on and off.

### Bed Transfers

#### Getting out of bed:

1. Lead with your operated leg.
2. Sit up and use your hands to bring your bottom to the edge of the bed.

#### Getting into bed:

1. Lead with non-operated leg.
2. Move your bottom back onto the bed and bring your legs round.

### Getting in and out of a car

1. Ask someone to hold the door open for safety.
2. Have the car seat pushed back as far as possible and reclined.
3. Place one hand on the seat and one on the door frame.
4. Put your operated leg in front of you and lower yourself down.
5. Bring your legs into the foot well.
6. Keep your operated leg as straight as possible.

### Follow-up

You will not routinely have therapy follow up once home. It is your responsibility to continue your exercises and progress your walking.

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### (If appropriate) Symptoms to report

You should expect some swelling, pain and bruising for some weeks after your operation. Taking pain relief, using ice packs as advised and continuing exercises will help. Go and see your GP if your hip or leg becomes very swollen, red or pain is severe

### Contact details

You will see your consultant at six weeks.  
TED stockings should be worn for six weeks.  
You should follow your hip precautions for 12 weeks.  
Gradually increase the distance you walk once home.

### Further information

If you have any questions or concerns about these exercises please contact the orthopaedic physiotherapist by telephoning the hospital switchboard and asking the operator to bleep them on bleep 6702.

### NHS Website

Hip Replacement

<https://www.nhs.uk/conditions/hip-replacement/>

(Website accessed 7 June 2021)

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If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5303 or email: [swb-tr.swbh-gm-patient-information@nhs.net](mailto:swb-tr.swbh-gm-patient-information@nhs.net)



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